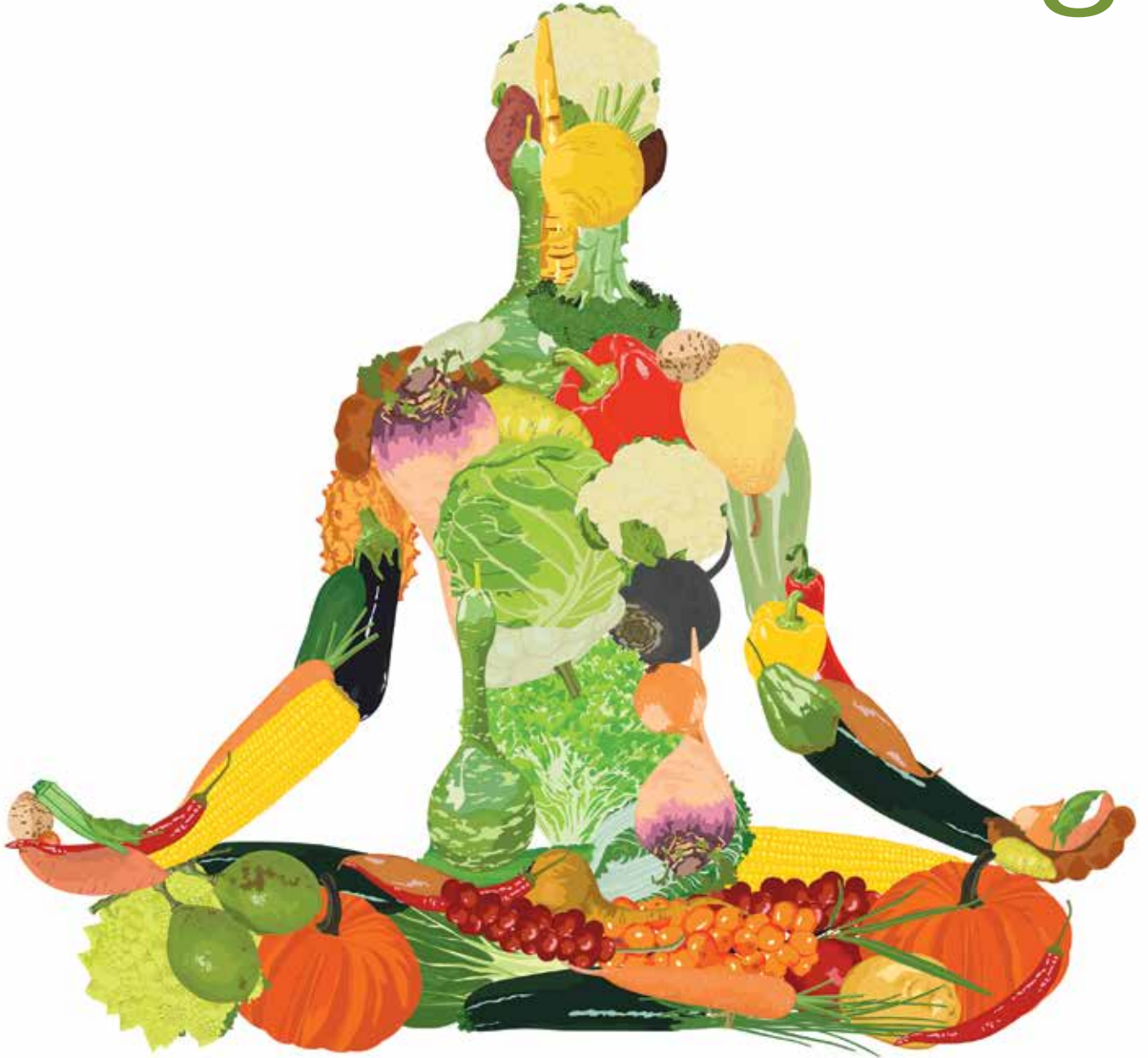




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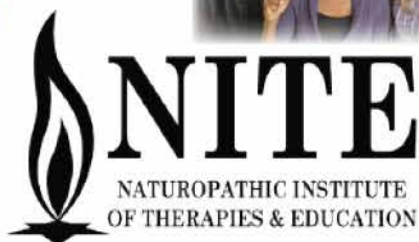
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**letter from the publishers****Kitchen Reflections**

Ahhh... March. The beginning of this month brings a sigh of relief with the knowledge that winter is behind us and spring is just around the corner. What a blessing to have a season built into each year that renews and encourages us to look forward with anticipation, hope and promise to the future days that lay ahead. We are happily anticipating the changing of seasons in our home—muddy boots, dirt

under our fingernails and all!

We absolutely adore being in nature, preferably with our hands in the soil cultivating and growing something we know is nutritious to eat, flavorful to the senses and yummy! Our family takes delight in choosing and creating unique meals that everyone enjoys, plus it's such a simple pleasure to have all the ingredients we need, freshly picked from the garden. Many would be surprised to learn that making homemade food from scratch like this is fast, easy and fun. We sure love it!

It's a far cry from when we were kids and commercials sold convenience, with TV dinners all the rage. Even today in the average American household, pre-made and quick, packaged meals from the oven or microwave seem to be the go-to for most. These options are highly processed, and grocery manufacturers estimate that 70 to 75 percent of all processed foods available in our markets contain ingredients from genetically engineered plants, which is contributing to our population's failing health by depriving us of complex systems of whole food nutrition, not to mention the toxins sprayed on crops.

We have relied on the government and its experts for guidance about the safety of these foods and advice on what is best for our health, but with so many people unwell, are they really doing a very good job? It's time to take ownership by reading food labels and making what we eat with quality ingredients. When I read a package label and cannot pronounce the ingredients, I immediately reject it. If you want a healthy body that feels great, it is important to be an informed consumer. Whether from known, local sources or from your own backyard, natural, whole foods are the purest and most sustainable.

Chemically contaminated foods are making homegrown food incredibly valuable when it comes to protecting and supporting individual and family health. With prices on the rise, buying quality food is becoming more of a challenge, but that means there is even greater incentive to plant a garden and grow some of your own food. As in our home, there are folks realizing the benefits of planting their own gardens and reclaiming responsibility for feeding themselves in a more self-sustaining, wholesome way. One thing is for sure: if you want to directly influence your family's well-being, start with the choices you make in the kitchen. As we say so often, "There's no decision or action too small. Every bit counts."

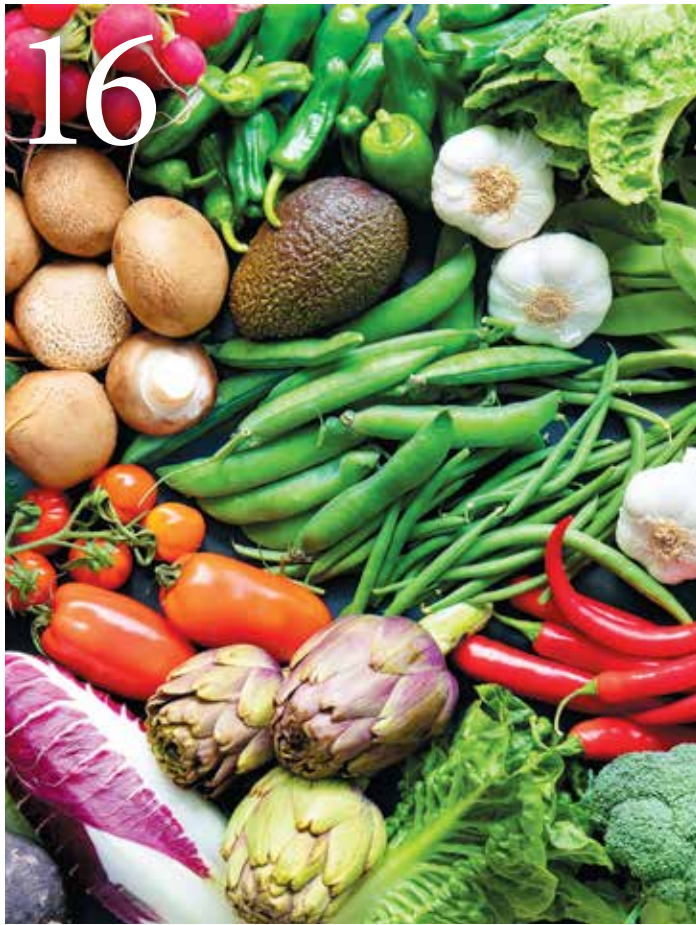
We hope that you'll take a few minutes to think deeply about how food choices do indeed matter—there's not a right or wrong answer or a universally perfect diet, but perhaps our words will inspire positive action and change. This is an ideal time to seek out community supported agriculture (CSA) options for the coming season. Or maybe you will take on a new gardening endeavor of your own this year. Even if it is simply shopping with a fresh perspective at your local market, your body and the Earth will definitely thank you for choosing natural and minimally processed foods. In fact, a more courageous expression of love for all has never been more needed to ensure that future generations are able to breathe fresh air, drink clean water and continue growing nutritious food in rich, healthy soil. We can all contribute to this legacy.

Onward to a glorious spring!

**CORRECTION:** Last month, in the News Brief "Managing Anxiety Naturally," we incorrectly referred to Dr. Samm Pryce, ND, a naturopathic concierge physician and owner of Balanced Integration, who provides naturopathic primary care, as "He". She is a woman. We regret the error.



*Natural Awakenings* is your guide to a healthier, more balanced life. In each issue you'll find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.



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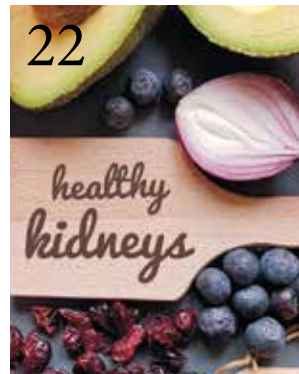
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## news briefs

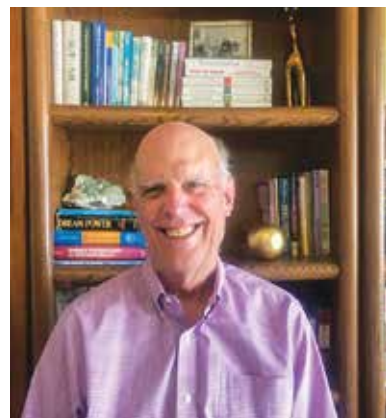
### Release Emotional Blocks and Resolve Past Trauma

Brad May, Ph.D., a licensed therapist for four decades who has taught at 11 universities from coast-to-coast, uses Emotional Complex Clearing to get accurate information from the subconscious; access and address concerns at the mental, emotional and physical levels; and discover whether self-sabotage will undermine results and overcome it.

He states, "Anxiety and depression are rampant these days; isn't there a non-medical solution? Often the problems that seem to be in the present are rooted in the past. Muscle testing will give us the answers we need—signals from that deeper part of you that tell us where to go, what to do, when to do it and when we're done."

All of this information about the current problem and the underlying issues, combined with a clearing technique, help to erase the negativity from memory and neutralize whatever past disturbance or trauma might be there. As a result, he states, "Anxiety and depression can be cleared up quite quickly."

*Free Introduction on Zoom at 7:30 p.m., May 24. In-person seminar (\$345 by Mar. 25-\$375 after) 7 to 9:30 p.m., Jun. 23; and 9:30 a.m. to 5:30 p.m. Jun. 24 and 25. For more information and registration, visit [ecctherapy.com](http://ecctherapy.com). See ad page 17.*



Brad May

### Co-Op Hot Food Bar is Back

The People's Food Co-op is the only full-service downtown grocery store in Ann Arbor. Marketing/Outreach Coordinator Troy Clarke says, "We brought back our self-serve hot food bar after a two-year hiatus. It seems as if a lot of folks in the area were ready to work the co-op's hot bar back into their lunchtime routine, and so far, the feedback from our customers has been strong. The hot bar menu will be rotating and updated weekly on our website. Jamie, our new prepared foods manager, was very excited to roll out the hot bar with simple, traditional recipes that span cultures and cuisines."

The hot bar offers Indian, American, Mexican and Asian food. The prepared foods department also has breakfast burritos, soups, desserts and drinks. "It's been great seeing all the positive reactions to the reopening of the hot bar," says Clarke. "Now that we have that back up and running, opening the café back up is next on our list. We're really excited to bring back the option for folks to start their day at our full-service coffee bar."

*Location: 216 N. Fourth Ave., Ann Arbor. For more information, call 734-994-9174 or visit [PeoplesFood.coop](http://PeoplesFood.coop). See ad page 13.*



### Keeping the Feet Happy

The Ann Arbor School of Massage, Herbal & Natural Medicine Director Mary Light is giving a 30-minute foot rejuvenation demonstration and talk to learn the basics of how foot care is self-care for the whole body from noon to 1 p.m. on Wednesdays in March at the school.

She says, "Your feet help you go places. Issues with the feet can stop you from ex-



periencing life at its best. You also may be neglecting your feet and don't realize how tired your feet are until the end of the day. Feet are your body's foundation, so keeping them healthy is vital to your overall health. Don't underestimate the importance of healthy, happy feet! Learn about giving them the rejuvenation they deserve!"



The school provides a diploma program, a wellness collective for student professional development, an herb lab and a resource room. Some instructors offer continuing education with certification and documentation of CE hours.

*Location: 3684 W. Liberty Rd., Ann Arbor. RSVP requested at 734-769-7794. For more information, visit [nshaassociates@gmail.com](mailto:nshaassociates@gmail.com).*

## Deeply Discounted Electric Bikes

Human Electric Hybrids has opened a new showroom at 320 Miller, in Ann Arbor, as well as having an inventory reduction sale at their previous 410 North 4th Avenue (Kerrytown Market) location.

The new showroom is on the bikeway, and the current stock will be offered with big savings and 12-month financing in March.

Visit them at the shop for an eBike experience second to none. Nothing compares to getting hands-on experience and free test rides on an eBike.

*For more information, call 734-238-2269.*



## Glatter Hosts Esoteric Music Show

Curtis Glatter, a veteran Detroit electronic musician, will host the 11th biannual Health and Wellness Drum and Dance Jam on April 1. His group, Troikastra, featuring turntable legend Tenshun and drummer/producer Nathan Hubbard, also has a new CD at [CastorAndPolluxmusic.bandcamp.com/album/its-the-door-with-the-little-stairs](http://CastorAndPolluxmusic.bandcamp.com/album/its-the-door-with-the-little-stairs), comprising seven



*Troikastra*

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studio pieces and a long live performance recorded over at least the last 10 years.

The trio creates kaleidoscopic music from samples, 16 rpm turntables and modular synths for fans of musique concrete, plunderphonics and skipping exotica records. The release of this active, playful music is set up on Bandcamp as a pre-order, grab a CD or just get digital files.

Watch a video at [Tinyurl.com/Troikastra](http://Tinyurl.com/Troikastra). For more information, call 734-972-6098, email [cgindetmi@gmail.com](mailto:cgindetmi@gmail.com) or visit [Facebook.com/glattercurtisav1972](https://www.facebook.com/glattercurtisav1972).

## Every Family Has a Constellation

Patricia Yiu, a certified life coach, a Family Constellations facilitator, spiritual guide, channeler and intuitive, helps spiritual women and lightworkers activate more confidence, purpose and prosperity. She is also a master of the Universal Energy of Money activation series; the Power of Purpose activation series; and the Evolutionary Ascension series.



Patricia Yiu

Family Constellations therapy was created by Dr. Berth Hellinger in the 1980s to resolve known and unknown trauma and patterns from the family and ancestors that are keeping individuals stuck in life. Clients gain clarity about their own sense of self; a deeper understanding and appreciation for parents and ancestors; a chance for forgiveness and release of resentment toward family members; freedom to stop carrying other people's burdens and expectations; and the ability to choose a more authentic life.

Yiu offers a complimentary 30-minute follow-up session after 15 days. For more information, call 248-662-7236, email [Patricia@PatriciaYiu.com](mailto:Patricia@PatriciaYiu.com) or visit [PatriciaYiu.com](http://PatriciaYiu.com).

## Registration Open for Big House 5K Race

The University of Michigan Athletic Department will celebrate the 10th anniversary of the Big House 5K run at 8 a.m., April 16, at Michigan Stadium. Last year, \$125,000 was raised by 8,830 race participants for six local nonprofits.

The run was established in 2014, and this year's beneficiaries include Freshwater Future, Pack-



ard Health, University of Michigan Adaptive and Inclusive Sports Experience, U-M Weight Management, Washtenaw Area Council for Children, and Women and Men Working for Change.

Registration is \$48 plus \$3.28 fee. Donations are welcome. To register, visit [RunSignup.com/Race/MI/AnnArbor/BigHouse5K](http://RunSignup.com/Race/MI/AnnArbor/BigHouse5K).

## Irish President and UN Commissioner on Climate Change

The University of Michigan School for Environment and Sustainability and the Center for



Sustainable Systems will present Climate Justice: Hope, Resilience & the Fight for a Sustainable Future, with Mary Robinson, first woman president of Ireland and former UN high commissioner for human rights from 6 to 7 p.m., March 13, at Rackham Auditorium.

Robinson will share her passion for climate justice, human dignity, gender equality and women's participation in peacebuilding and highlight the urgent need for climate change action and how local, community-based action can grow into a global effort to build a sustainable future, with an introduction and Q&A by Provost Laurie McCauley.

Admission is free with a ticket at [Tinyurl.com/MaryRobinsonecture](http://Tinyurl.com/MaryRobinsonecture). Location: 915 E. Washington St., Ann Arbor.

## Ann Arbor Art Center Fundraiser

Alex Milshcheyn Real Estate Associates, in partnership with Ann Arbor Distilling Company, will stage the A2AC Social, a new, four-part, immersive night-out and fundraiser for the nonprofit Ann Arbor Art Center, on March 10. The event features four artists, four cocktails and four bites. Session one is from 5 to 7:15 p.m., and session two is from 8 to 10:15 p.m.



For more than 100 years, the A2AC has engaged the community in visual arts through courses, public exhibitions, a gallery promoting regional artists, outreach programs for teens and education for children.

Tickets are \$60. Location: 117 W. Liberty St., Ann Arbor. For more information, call 734-994-8004 or visit [AnnArborArtCenter.org/a2ac-social](http://AnnArborArtCenter.org/a2ac-social).



## Real Indian Food at Ypsi Co-Op

Earthen Jar, a small, family-owned restaurant that serves delicious Indian food, is also the only kosher restaurant in Ann Arbor. Their packaged meals are now available at the Ypsilanti Co-Op in the deli cooler. Options include a masala tofu dal bowl, breakfast bowls, mattar alu (potatoes and peas), pakora (veggie fritters), punjabi rice, banana pudding and more. All meals are vegan, with gluten-free options.

Earthen Jar manager Sim Sethi says, "We just want to provide a healthy vegetarian cuisine for people. We did transition more to gluten-free items because that's become a big concern for a lot of our customers."

Co-op location: 312 N. River St., Ypsilanti (734-483-1520, Ypsi FoodCoop.org). Earthen Jar locations: 311 S. Fifth Ave., Ann Arbor (734-327-9464 EarthenJar.com); and 406 W. Michigan Ave., Ypsilanti.



## KUDOS

EHM Senior Solutions re-opened the Dot-tie Crim Adult Day and Education Center on January 24

at 101 Brecon Drive, in Saline, which temporarily closed in 2020 because of the COVID-19 pandemic. The center operates Monday through Friday.

Housed in the **Memory Support Center at Brecon Village**, the Adult Day Center provides a secure environment with specially trained staff to offer daily recreation, social support and individually based activities for **older adults with memory loss**.

The Center originally opened in 2012 and was often used as a respite for family members caring for older adults that cannot be left alone. Members engage in meaningful experiences that promote self-esteem and dignity in a safe and comfortable residential setting.

For more information, call 734-429-1155, or visit [TheCooperativeAtDawnFarm.org](http://TheCooperativeAtDawnFarm.org).



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3. Clicking/Popping Jaw Joints
4. Teeth Grinding
5. Tongue-Tie & Abnormal Swallowing
6. Weak Chin, Double Chin
7. Sunken Mid-Face, Flat Cheekbones
8. Teeth Pulled & Spaces Closed For Braces.

### Impaired Mouth Symptoms Short List:

1. Aches & Pains in Head, Jaws, Neck Shoulders & Back
2. Fatigue, Brain Fog, Lack of Motivation
3. Post-Nasal Drip & Frequent Colds & Flu
4. Teeth Grinding & Jaw Joint Troubles
5. Snoring, Sleep Apnea, CPAP Intolerance
6. Anxiety, Depression, Irritability/Hostility
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"Get your airway back, get your sleep back, get your life back" – Angela, patient  
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– Dr. J. Yelle, Monument, CO



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## Gut Microbiome May Influence Obesity



A new study may shed light on why some people gain more weight than others regardless of diet and activity levels. Led by researchers at the University of Copenhagen and published in the journal *Microbiome*, the study found that being overweight may also be related to the makeup of a person's gut microbiome. The researchers studied 85 overweight adults and found that 40 percent of the participants had more *Bacteroides* in their gut microbiome, which are more effective at extracting nutrients from food, possibly causing leftover food to be stored as fat. Before they began their study, the researchers had hypothesized that a long digestive travel time would allow people to extract more energy from their food, but they found instead that people with shorter digestive travel times were actually the ones that extracted the most nutrition. Those with *Bacteroides* had shorter intestinal transit times and higher body weight.

## Human-Grade Dog Foods Lead to Less Poop

Although human-grade foods for pets are commercially available, little research has been done on their health impacts. A 2021 study published in the *Journal of Animal Science* compared the fecal output of 12 dogs that ate one



of three types of dog food: fresh, human-grade or extruded (kibble). The researchers found that the dogs that were fed fresh and human-grade food excreted about half as much as those that were fed classic, processed dog food. The human-grade foods were also found to be extremely digestible, and the dogs that ate them had to eat less food to maintain the same weight. There were many differences in fecal microbiota among the three diets, and the scientists stated that this was likely because of differences in ingredient source, nutrient concentrations and processing methods.

## Walnuts to Relieve Exam Stress



Stressed college students might benefit by adding walnuts to their diet before their next exam. A randomized clinical trial published in the journal *Nutrients* sought to investigate the effects of academic stress and daily walnut



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consumption on mental health, general well-being and gut microbiota in a group of 80 college students. Walnuts are full of nutrients that support brain and gut health, including omega-3 fatty acids, antioxidants, melatonin (sleep-inducing hormone), polyphenols, folate and vitamin E.

The University of South Australia researchers concluded that daily consumption of one half cup of walnuts improved self-reported mood and mental health status, metabolic biomarkers and sleep quality. The data also suggested that walnuts might counteract the negative effects of academic stress on the gut microbiota in women. The scientists noted that more research was needed with respect to males, as far fewer men participated in this study. They also cautioned that the placebo effect could have influenced results, as this was not a blind study.

## Supplements That Help the Heart



A new study conducted by researchers at Brown University has identified certain supplements that may be beneficial for heart health. The meta-analysis published in the *Journal of the American College of Cardiology* reviewed more than 884 studies on 27 types of micronutrient supplements among 883,627 participants and found strong evidence that omega-3 fatty acid, folic acid and coenzyme Q10 (CoQ10) are micronutrients that reduce cardiovascular risk. Omega-3 fatty acid was found to decrease mortality from cardiovascular disease; folic acid lowered stroke risk; and CoQ10 decreased all-cause mortality. Omega-6 fatty acid, L-arginine, L-citrulline, melatonin, magnesium, vitamin D, zinc, alpha-lipoic acid, catechin, flavanol, curcumin, genistein and quercetin also showed evidence of reducing cardiovascular risk.

## March is National Disability Awareness Month

President Ronald Reagan officially declared Proclamation 5613 making March National Disabilities Awareness Month. The proclamation called for people to provide understanding, encouragement and opportunities to help persons with disabilities to lead productive and fulfilling lives.

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## eco tip

# Eco-Friendly Water Heating



When it comes time to replace the water heater, homeowners have an opportunity to save money and significantly lower their carbon footprint by choosing more efficient appliances. In the U.S., most homes are equipped with water heaters that require a large storage tank. The water has to be heated continually, leading to \$400 to \$600 water heating bills every year.

A tankless model requires less space, lasts longer and costs less to operate. Because it does not hold water, cold water flows into the unit and is heated only when needed. This can save energy because the unit does not need to heat gallons of water that aren't being used.

One drawback is that tankless devices may require a gas line and may be a challenge for older homes because of the necessary permits and electrical upgrades. Whether it has a tank or not, choose an Energy Star-certified model, which is deemed to be more efficient and often comes with a rebate or tax credit. Visit [EnergyStar.gov](https://www.energy.gov) for more information.

Some people may opt for a solar water heating system, which can cut annual hot water costs in half. Homes that generate their own power with solar panels may eliminate the annual cost altogether.

Another option is a heat pump water heater that uses 70 percent less energy than standard water heaters and is currently eligible for a \$300 federal tax credit. According to Energy Saver, a U.S. Department of Energy consumer resource ([Energy.gov](https://www.energy.gov)), heat pump water heaters use electricity to move heat from one place to another instead of generating heat directly.

After installing a new unit, be sure to recycle the old water heater. Ask the retailer of the new appliance if they participate in a take-back program, or coordinate with the installer to arrange for proper recycling.

If the water heater doesn't need replacement yet, consider that for every 10-degree decrease in the temperature setting on a conventional tank there is a corresponding 3 to 5 percent energy savings. Lower temperatures also reduce mineral buildup and corrosion in the tank and pipes.

Keep in mind that the easiest way to lower a household's water heating is simply to use less hot water. Look for ways to decrease the family's use of hot water by taking baths or shorter showers, washing laundry with cold water and running the dishwasher on the energy-efficient setting.



# Healing Through Connecting



Constellation Healing Arts owner Michaelene Ruhl, Psy.D., believes there is healing through connecting and creating a loving, compassionate, safe and sacred place for people to learn about, honor and apply their own strengths, courage and power to heal, which creates peace and balance within and with others. Sacred immersion and integration sessions provide the experiences to thrive and move forward in life; live from a stronger perspective; and handle challenges that arise in a new and healthy way.

Self-confidence, self-esteem and well-being increase as anxiety, stress, depression and relationship tensions decrease. She states, “It is my honor to be of service, supporting you on your path of healing to reconnect with love for self and others.”

While returning to school at age 39 to earn her doctorate in humanistic and transpersonal psychology, Ruhl discovered Systemic Constellations and plant-spirit medicine. “I wanted everyone to experience

both these amazing medicines, and I am called to be in service to others in holding safe and sacred space for their growth and healing. I create intimate spaces for people to learn, grow and heal by supporting them in learning to create the same for themselves and others,” she says.

*“Self-confidence, self-esteem and well-being increase as anxiety, stress, depression and relationship tensions decrease.”*

Ruhl explains, “There is sacredness in everything and everywhere. It is a huge part of my practice—the way I work and walk through life, and what I hold for others and teach. The ultimate sacred to me is love. Part of my holding space is supporting others in uncovering love that has been thought to be lost, disconnected or gone forever for self, with others, ancestors, and source. I am one of very few in Michigan to offer constellation workshops, plant-spirit medicine integrations and a training program.”

Workshops and sessions can be part of a retreat, including sacred plant-spirit medicine immersion, integration and microdosing. The Sacred Immersion Training Program is a one-of-a-kind experience for healing practitioners ready to hold sacred space for deep healing with plant-spirit

medicine. Healing through Connecting Constellations workshops explore patterns and challenges within families to shift perspectives and gain a better understanding, relieve conflict, and come to peace within.

Constellation Healing Arts is located at 28592 Orchard Lake Rd., Ste. 360, in Farmington Hills. For more information, call 248-345-3557, email [Michaelene@ConstellationHealingArts.com](mailto:Michaelene@ConstellationHealingArts.com) or visit [ConstellationHealingArts.com](http://ConstellationHealingArts.com). See ad page 19.





# Veggies for the Win

## FIVE REASONS TO CHOOSE A PLANT-BASED LIFESTYLE

by Kiki Powers, MS, CNC

**M**any of us have come across the term “plant-based eating”. Perhaps the regimen was recommended to us by a medical or nutritional professional. We may have read about it in a magazine or seen a documentary on the subject. Scientists around the globe have studied this lifestyle choice, and persuasive evidence is mounting that eating a preponderance of foods from plant sources has health merits.

The concept is attributed to T. Colin Campbell, Ph.D., the Jacob Gould Schurman professor emeritus of nutritional biochemistry at Cornell University. Based on his extensive research, he has advocated a low-fat, whole food, plant-based diet since the 1980s, and his commentary appears in *Forks Over Knives*, an influential 2011 documentary on the subject that is still worth viewing.

Americans love their cheeseburgers and french fries, and break-

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ing a habit that we thoroughly enjoy might be challenging at first. But we need not completely ban such delights from our menu, so long as our plates are brimming with vegetables, fruits, legumes, whole grains, beans, healthy oils, nuts and seeds most of the time. Gradually transitioning to a whole food, plant-based, low-fat diet is the winning formula for positive change and long-term compliance.

Here are five compelling reasons to make this promising dietary shift.

## Cost-Effective Disease Prevention

As so many Americans struggle with chronic health issues, including obesity, diabetes and heart disease, physicians are hard-pressed to find the right combination of treatments to help their patients lead healthier lives. At the same time, healthcare costs continue to skyrocket. In 2020, health spending rose to \$4.1 trillion, or \$12,530 per capita, according to the American Medical Association.

In a 2013 article published in *The Permanente Journal*, California physicians surveyed leading research and case studies and found that plant-based diets offer patients a low-risk, cost-effective intervention to regulate weight, blood pressure, blood sugar and cholesterol levels. They also asserted that such eating regimens could reduce the number of medications patients would have to take for chronic disease, and that physicians should recommend such diets to all of their patients, especially those suffering from high blood pressure, diabetes, cardiovascular disease or obesity.

Besides saving money on drugs and medical procedures, a plant-based menu has never been easier or more affordable. According to recent data conducted by the UK nonprofit Veganuary, plant-based meals eaten at home cost 40 percent less than meat- or fish-based meals and take one-third less time to prepare.

“The most powerful tool I discovered while in practice for both preventing and treating chronic diseases such as diabetes, obesity, heart disease, high blood pressure and arthritis was the implementation of a plant-based nutritional plan to

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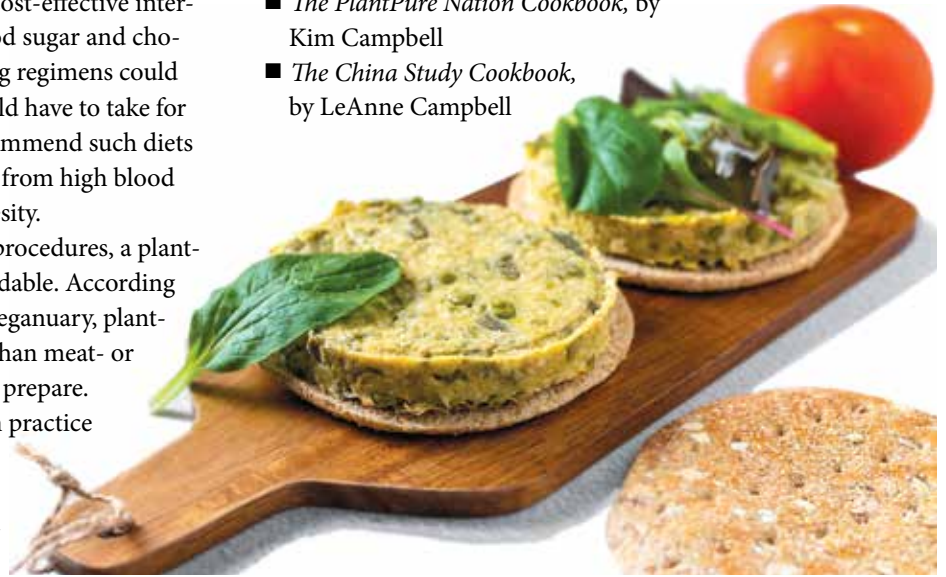
- *PlantPure Nation*
- *Forks Over Knives*
- *Eating You Alive*
- *What the Health*

**Websites** offering tips, recipes and advice for plant-prominent menus

- *HappyHerbivore.com*
- *ForksOverKnives.com*
- *NoraCooks.com*
- *CleanFoodDirtyGirl.com*

**Cookbooks** that make whole, plant-based foods shine

- *Oh She Glows Every Day*, by Angela Linton
- *The Happy Herbivore Cookbook*, by Lindsay S. Nixon
- *The PlantPure Nation Cookbook*, by Kim Campbell
- *The China Study Cookbook*, by LeAnne Campbell



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"Emotional Complex Clearing"

a patient's life," says Ted Crawford, a board-certified family physician featured in two inspiring documentaries about the life-changing benefits of a plant-based diet: *Eating You Alive* and *Plant Wise*.

## Flavor, Freshness and Flavonoids

The latest food trend is a "burger" made entirely of plants. The race is on to see which one looks and tastes closest to a juicy, all-beef patty. Whether it's mushrooms posing as "steak" or wheat-based seitan kneaded into "chicken", recipes catering to carnivores have

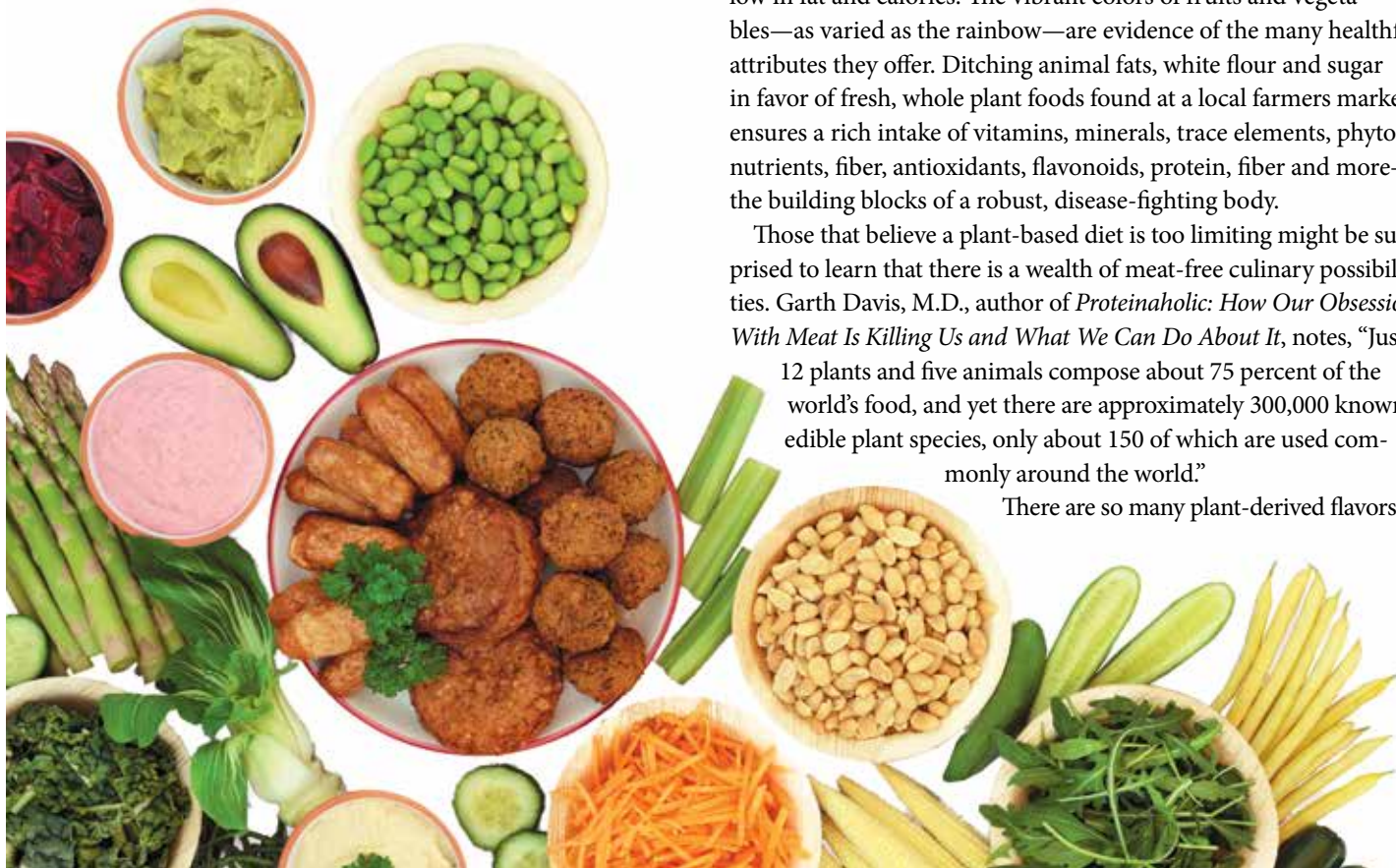
their audience. For some, these tasty alternatives may offer a path toward becoming a vegetarian or vegan.

Oven-roasted on a sheet pan, splashed with extra virgin olive oil and lemon juice, sprinkled with fresh herbs and spices, served with a creamy dip, slow-cooked in a crockpot, baked into a pie, frothed into a sweet smoothie or freshly pulled from the vine, consider the fact that whole, plant-based foods taste delicious on their own and deserve the spotlight.

They are good and good for us, packed with nutrition while low in fat and calories. The vibrant colors of fruits and vegetables—as varied as the rainbow—are evidence of the many healthful attributes they offer. Ditching animal fats, white flour and sugar in favor of fresh, whole plant foods found at a local farmers market ensures a rich intake of vitamins, minerals, trace elements, phytonutrients, fiber, antioxidants, flavonoids, protein, fiber and more—the building blocks of a robust, disease-fighting body.

Those that believe a plant-based diet is too limiting might be surprised to learn that there is a wealth of meat-free culinary possibilities. Garth Davis, M.D., author of *Proteinaholic: How Our Obsession With Meat Is Killing Us and What We Can Do About It*, notes, "Just 12 plants and five animals compose about 75 percent of the world's food, and yet there are approximately 300,000 known edible plant species, only about 150 of which are used commonly around the world."

There are so many plant-derived flavors



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and recipes yet to explore. Try a new plant-based recipe weekly. Let the kids select their favorite fruits and veggies to prepare. Enjoy re-imagining old favorites like lasagna, enchiladas, chili and tacos. Simply swap out the meat in favor of beans, tofu, tempeh or faux meat products, which have become quite sophisticated in recent years.

## Anti-Inflammatory Benefits

While acute inflammation is a protective bodily response to heal infections and repair tissues, metabolic inflammation—or metaflammation—refers to chronic, systemic inflammation. According to a 2020 study published in *The Journal of Allergy and Clinical Immunology*, metabolic inflammation is associated with increased risk of Type 2 diabetes, nonalcoholic fatty liver disease and cardiovascular disease.

Numerous studies have explored the inflammatory and anti-inflammatory effects of foods. According to a 2021 article in *Harvard Health Publishing*, the following foods cause inflammation: refined carbohydrates like white bread; fried foods like french fries; sodas and other sugary drinks; red meat; processed meat, including hot dogs, sausage and cold cuts; and margarine, shortening and lard. Conversely, the best anti-inflammatory foods are tomatoes; olive oil; leafy, green vegetables such as spinach, kale and collards; nuts like almonds, walnuts, pistachios and pecans; and fruit such as apples, strawberries, blueberries, cherries and oranges. Omega-3 fatty acid-rich fish like salmon, mackerel, tuna and sardines are also recommended for their anti-inflammatory properties.

## Environmental Sustainability

According to the Food and Agriculture Organization of the United Nations, total greenhouse gas emissions from global livestock represents 14.5 percent of all greenhouse gas emissions worldwide. Cattle raised for both beef and milk are the animal species responsible for the most emissions, which include methane and represent about 65 percent of the livestock sector's emissions. Industrially produced meat is also a leading contributor of global deforestation and habitat loss as large swaths of the Amazon and other land

masses are cleared for cattle ranching and to produce animal feed.

According to a new model developed by California scientists and published in the journal *PLOS Climate*, a global phase-out of animal agriculture and a shift to plant-based diets over the next 15 years would have the same effect as a 68 percent reduction of carbon dioxide emissions through the end of 2100, thereby boosting humanity's chances of avoiding the projected devastation of climate change. Such benefits would result from a decline in the methane and nitrous oxide emissions associated with industrialized meat production, coupled with a recovery of natural ecosystems as fewer forests and land masses are cleared for animal feed production.

## Improved Mental and Emotional Health

Sarah Thomsen Ferreira, an integrative registered dietitian and manager of clinical nutrition at the Cleveland Clinic Center for Functional Medicine (CCCFM), notes, "Certain foods and nutrients help your brain to make chemicals that can impact your mood, attention and focus, while other foods can zap your energy." The CCCFM recommends a diet that combines complex carbohydrates with lean proteins and colorful produce. While lean proteins may include white-fleshed fish and white-meat poultry, healthy, plant-based, lean proteins are also found in beans, peas, lentils and tofu.

Diet can support emotional well-being and perhaps even help ward off depression and anxiety. A 2017 clinical trial explored how a plant-based diet, daily exercise and mindfulness techniques would affect 500 adult men and women diagnosed with moderate to severe depression and anxiety. After 12 weeks, participants reported improvements in depression and anxiety, according to the study abstract published in the journal *Complementary Therapies in Clinical Practice*.

Eating a plant-based diet makes sense on many levels. Make the switch.

*Kiki Powers is a health writer, blogger and national speaker specializing in plant-based nutrition and healthy green living. Learn more at RawKiki.com.*



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# TERRY WAHLS

## ON MANAGING AUTOIMMUNE DISEASE WITH LIFESTYLE INTERVENTIONS

by Noelle Citarella, MS, RDN, CDN, IFNCP



**T**erry Wahls, M.D., is a certified practitioner at the Institute for Functional Medicine, as well as clinical professor of medicine at the University of Iowa, where she

conducts clinical trials testing the effect of therapeutic diet and lifestyle to treat multiple sclerosis (MS) symptoms. She is the author of *The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles*, as well as an accompanying cookbook, *The Wahls Protocol Cooking for Life*.

When Wahls was diagnosed with MS and later relegated to a tilt-recline wheelchair in the early 2000s, she decided to fight back. Drawing upon her medical background, she identified certain nutrients that were critical for brain health and started taking supplements. The disease's progression slowed as a result, spurring her to dig deeper. Since then, through rigorous scientific study and numerous clinical trials, Wahls has

developed groundbreaking dietary and lifestyle recommendations that alleviate autoimmune disease symptoms. No longer bound to a wheelchair, she bikes to work every day and stands as a living testament to the power of tenacity and strenuous scientific inquiry.

### *What are the key components of the Wahls Protocol?*

The protocol is a lifestyle that supports the steadily improving health of everyone, not just MS patients. It focuses on eating more vegetables and fruits, and ensuring sufficient protein. It reduces or eliminates added sugars, ultra-processed foods, dairy and gluten-containing grains. While the diet may get more complex, a great place for anyone to start is including more non-starchy vegetables, less processed food and more meals cooked at home. The protocol also includes lifestyle interventions, such as time in nature, meditation, mindfulness and physical activity. Even for patients who are wheelchair-bound, going from chair to bed,

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exercise will improve their quality of life. It is a way of approaching living that creates a more healthy, nurturing environment.

### ***What excites you most about your current MS study?***

Seeing what happens with brain volume and quality of life. We hypothesize that lifestyle changes will get the rate of brain volume loss to match that of healthy aging. MS patients have brains that are shrinking three times faster than in healthy aging. This increases the risk for anxiety, depression and early cognitive decline. Our study will be the largest and longest dietary intervention study done in the setting of relapsing-remitting MS. We are recruiting people ages 18 to 70 diagnosed with MS. During the participants' three visits, they will complete surveys, conduct functional tests, provide blood and saliva samples, and get an MRI. The participants will be divided into three groups. One will follow a modified paleo diet; the second an olive oil ketogenic, time-restricted diet; and the third will be the control group. We are optimistic that the first two groups will get to healthy aging, and the control arm will likely improve, as well.

### ***What is metabolic flexibility, and how do you improve it?***

Fasting improves metabolic flexibility—the ability to switch between protein, fat and glucose for fuel. Fasting for two days increases stem cells. While periodic fasting is beneficial for metabolism and regenerative processes, it is hard to sustain because of our strong biologic drive to eat and dislike for being hungry. An easier dietary pattern to sustain long term is time-restricted eating in a window of six to eight hours. Our current clinical trial incorporates this eating pattern.

### ***Is there anything you know now that you wish you knew when you were getting started?***

How important managing stress is. When I was diagnosed with MS, I could tell that stress made my symptoms worse. I feel I would have done much better had I maintained my meditation. I am fond of hormetic stress, that “sweet spot” where stress could be beneficial. Without stress, our bones and muscles disappear. Without the stress of having to learn, our brain disappears. We just need an equal measure of relaxation and recovery.

### ***What is your takeaway on lifestyle modifications and multiple sclerosis?***

You can reverse symptoms of MS and restore function. You can have a great and meaningful life at your level of function. It is important to find joy, gratitude and purpose in life as it's unfolding now, and doing so will help with the energy and commitment needed to do the work that can change the direction of your healing journey.

*To learn more about Wahls' studies, visit [Wahls.Lab.uiowa.edu](http://Wahls.Lab.uiowa.edu). To participate, visit [Wahls.Lab.uiowa.edu/join-study](http://Wahls.Lab.uiowa.edu/join-study) or contact the study team at [MSDietStudy@healthcare.uiowa.edu](mailto:MSDietStudy@healthcare.uiowa.edu).*

Noelle Citarella is a registered dietitian specializing in neurological nutrition and autoimmune disease in the Buffalo, N.Y., area.

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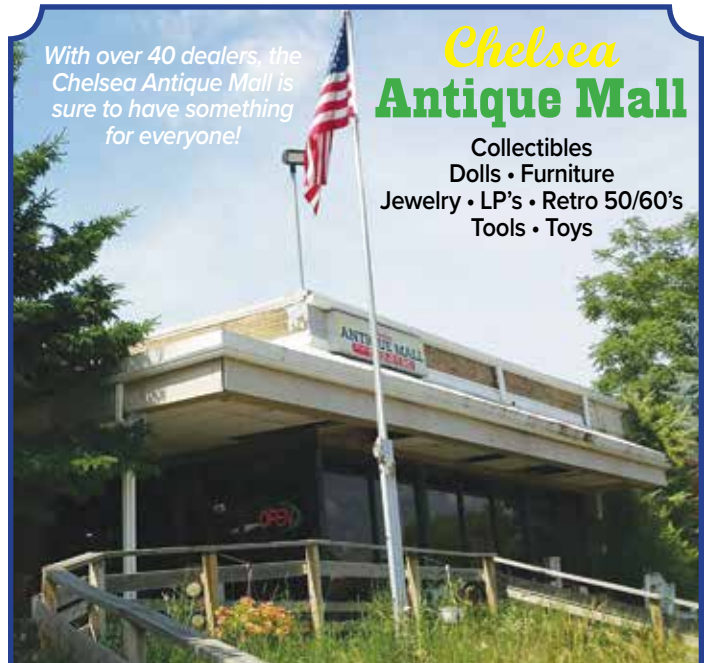
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# Loving Our Kidneys

## Edible Allies, Integrative Treatments and Lifestyle Tips

by Marlaina Donato



Our kidneys are prodigious multitaskers. Through the production of urine, they filter toxins, excrete waste and balance bodily fluids. They also produce certain hormones that regulate blood pressure and aid in other vital functions. While the kidneys don't usually fail all at once, their effectiveness can deteriorate slowly over years, and chronic kidney disease (CKD) is most often the result of uncontrolled diabetes or high blood pressure.

Simple blood and urine tests help physicians evaluate kidney function and diagnose CKD, which is divided into five stages. The first three stages are mild or moderate, and can respond well to lifestyle modifications and alternative interventions, while the more severe, later stages become increasingly more complex to treat and may require dialysis to mechanically perform the kidneys' functions. In end-stage CKD, many patients are relegated to dialysis treatments several times a month to prevent the accumulation of deadly toxins, while many wait and hope for a life-saving transplant.

The U.S. Centers for Disease Control and Prevention (CDC) estimates that one in seven adults are diagnosed annually. Most of these 37 million Americans do not feel ill or notice symptoms until they are in advanced stages of the disease, which is why people with diabetes and high blood pressure should be tested regularly and take steps to protect their kidneys. Managing CKD requires a multilevel approach, including lifestyle and diet changes, use of prescribed

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Holistic Dentistry is a philosophy based on the concept that your mouth is a window to your overall health. The condition of your teeth and gums contributes significantly to the general health of your entire body!





medications, avoidance of kidney-harming toxins like alcohol and cigarettes, and close supervision by a doctor that specializes in kidney disease (nephrologist) to ensure that other prescribed medications and over-the-counter or herbal treatments are safe.

Integrative and holistic approaches may be of help for those in earlier stages of kidney disease or for those striving to prevent it. "I have been really blessed to be connected with a global team of people who, like myself and everyone I work with, understand that kidney disease is treatable, and the recovery of kidney function is actually possible," says Fiona Chin, an Australia-based naturopath and co-founder of *KidneyCoach.com*. Chin adds that she and her colleagues have witnessed significant patient improvement from tailored diet and lifestyle regimens during and after diagnosis, especially when root causes are addressed.

## The Kidney-Friendly Kitchen

Promising research published last year in *Frontiers of Pharmacology* shows that combining Western treatments and Traditional Chinese Medicine can have a positive impact on even late-stage renal failure. Isaac Eliaz, M.D., an integrative medical doctor and founder of Amitabha Medical Clinic, in Santa Rosa, California, says, "Preventing and reducing chronic inflammation is a critical aspect of minimizing CKD risk. An anti-inflammatory diet, moderate exercise program and attention to stress reduction all work to decrease the pro-inflammatory milieu." He also highlights the importance of protecting and boosting beneficial gut bacteria, which can be addressed with supplements or prebiotic foods like garlic, leeks, onions and jicama.

Piling whole, plant-plentiful goodness onto our plates and embracing an alkaline diet are key measures in the prevention of CKD by lowering the risk for cardiovascular disease and diabetes. Mayo Clinic offers renal-supportive recipes with fruits, vegetables and grains like quinoa. It also recommends avoiding many packaged and processed foods that have phosphorus added to prolong shelf life and enhance taste, such as convenience foods, sodas

## Accelerate Healing with Energy.

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*"My knee was warm for about 3 full hours after I left. It seemed to heal further after I slept the first couple of nights. While my knee was not healed 100%, it was significantly better and I was able to go on my Montana ski trip the next week.*

*P.S. Another month after my ski trip my knee has continued to improve."*

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## conscious eating

and sports drinks, flavor-enhanced meats and processed cheeses.

Jarrood Cooper, ND, founder of Advanced Functional Medicine, underscores the importance of nixing pro-inflammatory foods such as sugars, refined carbohydrates, excessive red meat, trans and saturated fats, caffeine and alcohol. Alcohol negatively impacts liver function, and over time reduces blood flow to the kidneys, leading to CKD, he says. That extra glass of wine can also crank up blood pressure, a surefire path to renal compromise.

Kidney-loving fruits, according to Cleveland Urology Associates, include pineapple, cranberries, red grapes and apples, all of which pack an anti-inflammatory punch.

### Sodium: Friend or Foe?

Chin notes that although salt is essential for nerve and muscle function, a balancing of fluids in the blood and healthy blood pressure, not all salt is beneficial. "Salt is a healthy thing to have in your diet in moderation and in the right form," she asserts. "Table salt is manufactured salt that is stripped of its natural minerals. During salt processing, the balance of sodium to other valuable minerals is lost. Most salt companies also add anti-caking agents

that contain aluminum." Chin recommends good-quality Himalayan salt or sea salt that also contains traces of other natural minerals.

Various types of seaweeds, like dulce, nori and kombu, are natural sources of sodium that are safe for people that do not have kidney disease. They offer significant benefits for inflammation reduction, blood sugar balance and heart health, including lower blood pressure. Sea vegetables have also been shown to help reduce the risk of kidney stones by inhibiting the formation of calcium oxalate.

*Marlaina Donato is an author, painter and host of multimedia art exhibits intended for healing the community. Connect at WildflowerLady.com.*



### CILANTRO LIME CAULIFLOWER RICE

YIELD: 6 SERVINGS

1 head cauliflower, chopped (or 6 cups)  
1 Tbsp extra-virgin olive oil  
2 garlic cloves  
¼ tsp pepper  
¼ tsp salt  
3 Tbsp fresh lime juice  
¼ cup fresh cilantro, chopped

Rinse the cauliflower and pat dry. Chop into florets, then pulse in a food processor or blender. Alternatively, the cauliflower can be

left whole and grated with a box grater.

In a large pan, heat the olive oil over medium heat. Sauté garlic for a few minutes until fragrant and lightly browned. Increase heat to medium high and add cauliflower. Sauté about 5 minutes.

Transfer to a bowl and toss with salt, pepper, lime juice and cilantro.

*Excerpted from Multiple Sclerosis Diet Plan and Cookbook. Copyright © 2019 Noelle Citarella. Used with permission from Rockridge Press, Emeryville, CA. All rights reserved.*



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# calendar of events

## WEDNESDAY, MARCH 1

**Guided Nature Walk: Nature Story** – 5:30-6:30pm. Free guided nature walk designed for all ages to inspire curiosity and learning from each other through activities that model curiosity and honor nature. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

## SATURDAY, MARCH 4

**Garden Party** – 10am-12pm. 1st Sat, Mar-May; 3 more in the fall. Includes seeds, soils, trays and grow lights to help participants start and maintain their garden for spring and summer. Admission for all 6 sessions is \$100. The Cooperative at Dawn Farm, 6633 Stony Creek Rd, Ypsilanti. Register & pay: Tinyurl.com/InteractiveGardenParty. TheCooperativeAtDawnFarm.org.

## SUNDAY, MARCH 5

**Salamander Survey Kickoff** – 12-2pm. Learn how to help NAP monitor salamanders in Ann Arbor's parks; there are 5 species here. Volunteers will select parks to survey and learn how to identify these rarely seen silent amphibians. Register: NAP.A2gov.org/SalTraining2023.

**Frog and Toad Survey Kickoff** – 2:30-4:30pm. Everyone is invited to help monitor frog populations. No experience required. Learn to identify frogs by ear and eye. There are about 8 local species, with very distinct calls. Register: NAP.A2gov.org/FrogTraining2023.

## TUESDAY, MARCH 7

**Growing a Garden: A Path to Physical & Mental Well-Being** – 7-8pm. This presentation will inspire you to start your own garden this spring. In addition to growing healthy vegetables, a garden can also be a great way to improve your physical and mental well-being. Via Zoom. Register: VegMichigan.org.

## WEDNESDAY, MARCH 8

**Guided Nature Walk: Biome Deep Dive** – 5:30-6:30pm. Free guided nature walk designed for all ages to inspire curiosity and learning from each other through activities that model curiosity and honor nature. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

## FRIDAY, MARCH 10

**A2AC Social** – 5-7:15pm & 8-10:15pm. A new, 4-part, immersive, night-out and fundraiser for the nonprofit Ann Arbor Art Center. Features 4 artists, 4 cocktails and 4 bites. \$60. Ann Arbor Art Center, 117 W Liberty St, Ann Arbor. 734-994-8004. Ann ArborArtCenter.org/a2ac-social.

## SATURDAY, MARCH 11

**Photo Monitoring Kickoff and Training** – 10-11am. NAP needs volunteers to take photos at specific locations in parks throughout the year to record ecological changes and the progress of NAP's work. Register: NAP.A2gov.org/PhotoTraining2023.

**Healing through Connecting Constellations** – 1-6pm. Healing through Connecting Constellations (HCC) supports you in uncovering and healing where love flow has stopped within you and within your family and relationships. Before 14 days of event \$165, After \$185. Evans Creek Lodge - 24330 Lahser Road, Southfield. 248-345-3557. ConstellationHealingArts.com.

## MONDAY, MARCH 13

**Climate Justice: Hope, Resilience & the Fight for a Sustainable Future** – 6-7pm. Mary Robinson, first woman president of Ireland and former UN high commissioner for human rights, will share her passion for climate justice, human dignity, gender equality and women's participation in peacebuilding. Admission free with ticket. Rackham Auditorium, 915 E Washington St, Ann Arbor. Tinyurl.com/MaryRobinsonecture.

## TUESDAY, MARCH 14

**LifeChoices Continuing Care at Home Webinar** – 10am. LifeChoices offers an innovative way to invest in securing your future long-term care needs, providing peace of mind while you remain in your own home. Free. Via Zoom. Register: ehms.org/events.

## MARK YOUR CALENDAR

### WEDNESDAY, MAY 24

**Free Introduction: Emotional Complex Clearing** – 7:30pm. Brad May, PhD, uses Emotional Complex Clearing to get accurate information from the subconscious. Often the problems that seem to be in the present are rooted in the past. In-person seminar June 23-25 (\$345 by Mar 25; \$375 after). For more info & registration: ectherapy.com.

**Ann Arbor Backyard Beekeepers Meeting** – 6:30-8:30pm. Biodynamic Urban Beekeeping with Bradley Gladstone. Hear what biodynamic beekeeping means. Learn about what Urban Bee, LLC does, and about areas of opportunity for SE MI beekeepers to grow as a vocation/avocation. Free. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

**Virtual Education Series** – 7:30-9pm. Navigating Grief and Loss in Recovery with Amber Horwitz and Natalie Christian. Free. Via Zoom. For link: DawnFarm.org.

## WEDNESDAY, MARCH 15

**Guided Nature Walk: Magic in the Moment** – 5:30-6:30pm. Free guided nature walk designed for all ages to inspire curiosity and learning from each other through activities that model curiosity and honor nature. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

## TUESDAY, MARCH 16

**LifeChoices Continuing Care at Home Webinar** – 3pm. LifeChoices offers an innovative way to invest in securing your future long-term care needs, providing peace of mind while you remain in your own home. Free. Via Zoom. Register: ehms.org/events.

## SUNDAY, MARCH 19

**Stewardship Workday:** Bluffs Nature Area – 1-4pm.

Help removing invasive shrubs such as honeysuckle. Tools and know-how provided. Free. Meet at the park entrance on Orkney Dr, Ann Arbor. Pre-registration required: NAP.A2gov.org/Bluffs031923.

## TUESDAY, MARCH 21

**61st Ann Arbor Film Festival** – Mar 21-26. The 6-day festival presents 40 programs with more than 180 films from over 20 countries of all lengths and genres, including experimental, animation, documentary, fiction and performance-based works. Michigan Theater. 603 E Liberty St, Ann Arbor. AAFilmFest.org.

**LifeChoices Lunch & Learn at Travis Pointe Country Club** – 11:30am. LifeChoices offers an innovative way to invest in securing your future long-term care needs, providing peace of mind while you remain in your own home. Free. Travis Pointe Country Club, 2829 Travis Pointe Rd, Ann Arbor. Register: ehms.org/events.

## WEDNESDAY, MARCH 22

**Open Stage** – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Fifteen performers have 8 mins (or 2 songs) each to do their thing. \$3, \$2/members, seniors, students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

## FRIDAY, MARCH 24

**New Moon Night Hike** – 7-8:30pm. Enjoy a night hike under the stars while the moon and the sun are aligned. Do some simple science experiments out on the trail to understand how different animals eyes see in the dark, learn about night hike safety, and visit some of LSNC's nocturnal animals. \$5/person. Leslie Science & Nature Center parking lot, 1831 Traver Rd, Ann Arbor. Pre-registration required: DiscoverScienceAndNature.org.

## SATURDAY, MARCH 25

**Indigenous Powwow** – Mar 25-26. Features social dancing and demonstrations of different styles of Native American dance, including fancy, traditional, grass dress and jingle dress; dance contests, drumming ensembles and the sale of traditional crafts and food. Tickets start at \$10 and weekend passes available. 2552 N Maple Rd, Ann Arbor. Powwow.umich.edu.

## SUNDAY, MARCH 26

**Stewardship Workday:** Barton Nature Area – 1-4pm. Help cut invasive shrubs in this unique nature area. Tools and know-how provided. Free. Meet at the Barton Dam parking lot on Huron River Dr, Ann Arbor. Pre-registration required: NAP.A2gov.org/Barton032623.

## FRIDAY, MARCH 31

**Yoga with Reflexology for Insomnia/Restful Sleep** – 1-2:30pm. Explore the healing possibilities of combining yoga with reflexology. With Crysterra Wellness. \$40. Verapose Yoga & Meditation House, 3173 Baker Rd, Dexter. 734-649-1849. CrysterraWellness.com.

**Fireside Fun** – 5:30-7pm. There's nothing quite as relaxing as sitting around a campfire, roasting marshmallows and swapping stories. Free. Leslie Science & Nature Center parking lot, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.sample collection. Only trained volunteers go in the water to collect the samples. The NEW Center, Ann Arbor,

## calendar of events

1100 N Main St, Ste 210, Ann Arbor. 734-769-5123.  
Registration required: [hrwc.org/volunteer/roundup](http://hrwc.org/volunteer/roundup).

### PLAN AHEAD

#### SATURDAY, APRIL 1

**11th Biannual Health and Wellness Drum and Dance Jam** – Hosted by Curtis Glatter, a veteran Detroit electronic musician. His group, Troikastra, featuring turntable legend Tenshun and drummer/producer Nathan Hubbard, also has a new CD at [CastorAndPolluxmusic.bandcamp.com/album/its-the-door-with-the-little-stairs](http://CastorAndPolluxmusic.bandcamp.com/album/its-the-door-with-the-little-stairs), comprising 7 studio pieces and a long live performance recorded over the last 10 years or so. For more info: 734-972-6098, [cgindetmi@gmail.com](mailto:cgindetmi@gmail.com) or [Facebook.com/glattercurtisav1972](https://www.facebook.com/glattercurtisav1972).

#### ongoing events

### daily

**Herbs for the Southeast Michigan Garden** – Learn how to grow and use 20 culinary and medicinal herbs suited for the southeast Michigan garden. Will cover preservation techniques, basic medicine making and crafting herbal oils, poultices, infused honeys and vinegars plus more. Free. More info & register: [CastleRemedies.podia.com](http://CastleRemedies.podia.com).

**Introduction to Homeopathy Class** – Learn how to choose remedies and how to use them. Class contains nearly 4 hrs of pre-recorded videos. Downloadable resources. \$75. More info & register: [CastleRemedies.podia.com](http://CastleRemedies.podia.com).

**Pets & Parents Reiki Session** – 9am-9pm. Sessions for wellness, critical care and end of life transition. Actively experience the use of reiki touch with your pet. Learn additional tips for helping your pet. Virtual 40-

min appt. \$20. 231-590-0001. [tcdesoto@gmail.com](mailto:tcdesoto@gmail.com).

**The Best Affirmation for You** – 10am. Learn about the power of affirmations and how they can bring about positive events and circumstances. Call for a 10-15-min consultation with a licensed professional counselor to pick the best affirmation for you. Purchase an affirmation stone to enhance what you are affirming in your life by having a visible reminder. Free. 734-644-6943. [Harmony2c.com/affirmation-stones](http://Harmony2c.com/affirmation-stones).

**Tiny Lions Lounge & Adoption Center (TLC)** – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste A1, 734-661-3575. [TinyLions.org](http://TinyLions.org).

### weekly

**Stop Sabotaging Your Self-Care** – Christy DeBurton will guide you on a journey of self-discovery to examine the obstacles that stand in the way of you taking better care of yourself. 4-wk self-paced online course. \$79 (regular \$149). Yoga Room, 889 Honey Creek Dr, Ann Arbor. [Info@ChristyDeBurton.com](mailto:Info@ChristyDeBurton.com). [YogaRoomAnnArbor.com/online-courses-self-care](http://YogaRoomAnnArbor.com/online-courses-self-care).

### sundays

**Bach Flower Remedies Level 1 LiveWeb** – 3rd Sun. Learn how to use the 38 Bach flower remedies to help yourself and others conquer fear, worry, overwhelm, low self-esteem, lack of focus, poor concentration, trouble sleeping and more. With Nancy Buono, BFCP, Director of Bach Flower Education. [BachFlowerSchool.com](http://BachFlowerSchool.com).

**Hudson Valley Humane Society Rescue Reading** – 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. \$10; space limited. [HSHV.org/RescueReading](http://HSHV.org/RescueReading).

**Online Meditation from Anywhere** – 11am-12pm. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: [CelesteZygmunt2@yahoo.com](mailto:CelesteZygmunt2@yahoo.com) or [DeepSpring.org](http://DeepSpring.org).

**Sunday Talk with Demo Rinpoche** – 11am-12pm. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. [JewelHeart.org](http://JewelHeart.org).

**Reiki Sessions at Evenstar's Chalice** – 2-4pm. 1st & 3rd Sun. Feel the stress fall away as you experience the healing and restorative power of reiki. Choose a 20- or 40-min session. \$1/minute. Evenstar's Chalice, 36 N Huron St, Ypsilanti. 734-905-7980. [EvenstarsChalice.com](http://EvenstarsChalice.com).

**Inspiring Talk by Mata Yogananda** – 7pm. Spiritual talk, pure meditation and silent prayer, with Winged Prayer for all in need at 9pm. Free. Self-Realization Meditation Healing Centre, 7187 Drumheller, Bath. 517-641-6201. [SelfRealizationCentreMichigan.org](http://SelfRealizationCentreMichigan.org).

**Sound Healing Concert** – 7-9pm. Rare, therapeutic chakra-tuned crystal bowls played with recorded soundscape music while reiki is sent to the audience. \$20/at door. 3820 Packard, Ste 280, Ann Arbor. 734-358-0218. [EnlightenedSoulCenter.com](http://EnlightenedSoulCenter.com).

### mondays

**Weekday Morning Online Meditation** – Mon-Fri. 7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free, donations gratefully accepted. [InsightMeditationAnnArbor.org](http://InsightMeditationAnnArbor.org).

**Beginner Tai Chi** – 10-11:15am. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. [PeacefulDragonSchool.com](http://PeacefulDragonSchool.com).

**Meaningful Mondays** – 8pm. SevaLight Retreat Centre warmly welcomes everyone, of all faiths, meditation practices and traditions, to join us virtually. Will gather on video conference sharing in song/chants and inspiring readings from Mata Yogananda Mahasaya Dharmaji's writings, followed by Pure Meditation and silent prayer. Free. Email by 10am any Monday to receive the info about how to join by video: [Info@SelfRealizationCentreMichigan.org](mailto:Info@SelfRealizationCentreMichigan.org).

## Nervous about seeing the Dentist?

Put your mind at ease. Our caring team of professionals uses the latest in sedation dentistry: private rooms, heated massage chairs, memory foam, aromatherapy, calming music, conscious sedation and nitrous oxide.



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## tuesdays

**Online Meditation from Anywhere** – 9-9:30am. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmunt2@yahoo.com or DeepSpring.org.

**Hypnotherapy** – 9:30am-7pm, by appt. Also Wed. Cheryl Beshada teaches and specializes in personal empowerment, releasing blocks and patterns of negative behavior, higher self-communication. Free consultation. Warren. 586-899-9009.

## wednesdays

**Keeping the Feet Happy** – Thru Mar. 12pm. The Ann Arbor School of Massage, Herbal & Natural Medicine Director Mary Light is giving a 30-min foot rejuvenation demonstration and talk to learn the basics of how foot care is self-care for the whole body. 3684 W Liberty Rd, Ann Arbor. RSVP requested: 734-769-7794. nshaassociates@gmail.com.

**Foot Rejuvenation Demo** – 12:30-1pm. Are you feeling footloose and fancy free when it comes to your feet and their structural comfort? Many people are not, and often suffer in silence, as things get worse, and/or end up getting surgery. Donation. Ann Arbor School of Massage, Herbal & Natural Medicine, 3684 W Liberty Rd, Ann Arbor. 734-769-7794. NaturopathicSchoolOfAnnArbor.net.

**Get the Most from Your DNA Test** – 6-8pm. Learn what you can do with your results and what additional opportunities are available for discovering your genetic genealogy. Understand the science, how to find information and how to share that information. Course 39651. \$59. Washtenaw Community College, 4800 E Huron River Dr, Ann Arbor. 734-677-5060. wccnet.edu/noncredit.

**Sound Bath** – 7-8pm. 3rd Wed. With Carmyn. Anyone wishing for additional well-being for self and loved ones should do this regularly. \$35. Ann Arbor School of Massage, Herbal & Natural Medicine, 3684 W Liberty Rd, Ann Arbor. Pre-register: 248-690-6118. NaturopathicCchoolOfAnnArbor.net.

## thursdays

**Qigong: Basics** – 11:15am-12:15pm. Class introduces participants to basic self-care stretches, breathing, meditations and self-acupressure for reducing muscle tension, increasing mindfulness, and revitalization. \$180. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

**Beginner Tai Chi** – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

**Thursday Hills of Ann Arbor** – 6:30pm. We ride some of the best hills A2 has to offer. A/B/C: 10-40 miles Start at Wheels in Motion, 3402 Washtenaw Ave Ann Arbor. WheelsInMotion.us.

**Thursday Evening Silent Meditation** – 6:30-8:15pm. With Insight Meditation Ann Arbor. Free, donations gratefully accepted. Zion Lutheran Church, 1501 W Liberty St, Ann Arbor. 734-994-4455. InsightMeditationAnnArbor.org.

**Meditation Class** – 7-8pm. Short lesson and meditation, followed by discussion with instructor Lori Barresi. Drop-in, every other Thur. \$10. Enlightened Soul Center, 3820 Packard, Ste 280, Ann Arbor. 734-358-0218. EnlightenedSoulCenter.com.

**Feel Good Fridays at UMMA** – 7-10pm. 2nd Fri. A gathering of art and humans. Let art, music, and culture lift you up. Free. UMMA, 525 S State St, Ann Arbor. UMMA.UMich.edu.

## saturdays

**Certified Hypnotherapists Education and Networking Meeting** – 9:30am-12pm. 1st Sat. Certified Hypnotherapists welcome. Includes educational presentation, workbook and digital material. Clinical Hypnosis Professional Group, Warren. Register: 586-899-9009.

**Pregnancy, Childbirth, Postpartum and Baby Classes** – 6-7pm. Classes are held virtually online lead by our top AID instructors utilizing state of the art visual aids and activities to keep it fun and engaging while presenting the latest evidenced based material on each topic. \$35/class. Childbirth-Classes.com.



## classifieds

### HELP WANTED

**NATURAL BALANCE WELLNESS / HYPERBARICS MEDICAL CENTER OF ANN ARBOR IS OFFERING A GROUND FLOOR OPPORTUNITY** – for an in-home/in-office hyperbarics technician and department manager. Must have the physical ability and manual dexterity to assemble and disassemble portable units, be interested in learning a new skill in high demand, have exceptional people skills and an excellent driving record. Help us define this new position with a go-getter attitude and enjoy an excellent hourly income, profit-sharing opportunities, flexible hours and a potential long-term career with us. Visit NB Hyperbarics.com. Email resume and letter of interest to TBoggess@NBWellness.com.

**RELAXSTATION, VOTED A2'S BEST MASSAGE, IS HIRING!** Our massage therapists earn \$35K to \$40K annually as W-2 employees for a 30-hour (including breaks) weekly schedule. New location on Packard Street between Argus Farm Stop and the Buddhist Temple offers traditional full body massage as well as fully clothed table massage, plus onsite chair massage at UT and local businesses. Free parking. Friendly, diverse and supportive community of co-workers. Relaxstation.com. Ask for Carrie, 734-623-1951.

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## community resource guide

### AROMATHERAPY

#### ROSY GLOW AROMATHERAPY

Margo Hertzfeld, Certified Aromatherapist  
419-360-0169  
RosyGlowWellness.com



Clinically certified aromatherapist offers holistic consultations with customized blends of professional quality essential oils. Trust Margo to help you understand the complicated world of aromatherapy. Her holistic approach can help you maximize your benefits from this powerful therapy and minimize side effects. Aromatherapy is a wonderful way to integrate natural healing into your life. Phone consultations are available.

### AUSTRALIAN SKINCARE AND FACIALS

#### NUTRI-METICS USA

1835 Hanover Rd, Ann Arbor  
NutriMeticsUSA@gmail.com  
734-239-3344  
NutriMetics.com



Nutri-Metics means nutritional cosmetics. We are made in Australia and New Zealand, since 1968. We are the world's leading skincare because we balance the skin's PH, and give the skin the exact vitamins and minerals it needs to maintain its beauty. We also pride ourselves in the quickest facials with the highest beauty outcome. We call them two-minute facials. We're offering a facial for \$75 and the complete skincare set for \$320. The set includes all six products needed to maintain your beautiful skin. Fresh Products are shipped in monthly from Australia.

### BIOLOGICAL DENTIST

#### ANN ARBOR'S DENTIST

Dr. W. K. Dobracki, DDS  
606 W Stadium Blvd, Ann Arbor, 48103  
734-747-6400  
DrDobracki@AnnArborsDentist.com  
AnnArborsDentist.com



Passionate about holistic care while utilizing Bio-Compatible materials and lasers. Our patients can elect to be free from fluoride, mercury and other harmful metals. Filling materials are tooth colored and both BPA & Bis-GMA free. We offer natural oral health products using fine essential oils, and free of gluten and preservatives. *See ad page 5.*

### CATERING/FOOD

#### CINNAHOLIC

121 E Liberty, Ann Arbor  
734-707-1955  
Info@CinnaholicAnnArbor.com  
CinnaholicAnnArbor.com



Cinnaholic is a locally owned bakery specializing in custom gourmet cinnamon rolls and homemade cookie dough, brownies and cookies. We cater to any size event with customizable catering options. All our products are made with the highest quality ingredients and are 100% vegan. *See ad page 13.*

### COACHING & COUNSELING

#### HERR MINDFUL LIVING

SARA HERR, RN  
419-540-8365  
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It's time to begin the journey to your health goals! I provide personalized coaching to help you live a balanced, healthy life, using a gentler, science-based approach to getting you feeling healthy and energized. Contact me today for a free consultation!

### DETOX/COLONIC

#### INNERSPACE HOLISTIC

Brandy Boehmer, 734-709-8313  
2350 Washtenaw Ave, Ste 14, Ann Arbor  
InnerSpaceHolistic.com



Colon Therapy is the slow and gentle insertion of purified water into the colon (large intestine) for the cleansing of poisons, mucus and accumulated fecal matter. It is also used to stimulate the colon to recover its natural shape, tone, and peristaltic wave action. No chemicals or drugs are used—thus it is a safe, gentle, health-giving alternative. Brandy Boehmer is National Board Certified in colon hydrotherapy through the International Association for Colon Therapy.



### FOOD CO-OP

#### PEOPLES FOOD CO-OP

216 N 4th Ave, Ann Arbor  
734-994-9174  
PeoplesFood.coop



People's Food Co-op is a community-owned grocery store and deli in downtown Ann Arbor focused on providing local, organic and sustainable products. *See ad page 13.*

### FUNCTIONAL DENTISTRY

#### DEXTER DENTAL STUDIO

7300 Dexter - Ann Arbor Rd, Ste 300, Dexter  
734-426-8360  
DexterDentalStudio@gmail.com  
DexterDentalStudio.com



From the moment you walk through the door, you will experience a friendly and relaxed environment where the focus is always on you and your overall well-being. Dentistry is about more than just filling teeth. We place great emphasis on investigating root causes, patient education, and providing a positive and helpful dental experience. *See ad page 16.*

### GENERAL & COSMETIC DENTISTRY

#### ANN ARBOR SMILES DENTAL GROUP

2365 S Huron Pkwy, Ann Arbor &  
1795 W Stadium, Ann Arbor  
734-887-9667  
AnnArborSmiles.com



Ann Arbor Smiles is a state-of-the-art general and cosmetic dental office dedicated to treating the whole person in a caring and compassionate manner. Most insurances accepted and financing is available. *See ads, pages 3 and 26.*

#### PACKARD FAMILY DENTISTRY

2444 Packard St, Ypsilanti  
734-519-6191  
PackardFamilyDentistry.com



Our doctors are committed to holistic dentistry as the best way to care for our patients and keep them and our team as healthy as possible. We strive to treat the



cause of a problem, not just the symptoms. We provide insight and answer any questions you may have regarding the tools and techniques we use for your care. *See ad page 22.*

## HEALTH AND WELLNESS

### CONSTELLATION HEALING ARTS

Michaelene Ruhl, PsyD,  
28592 Orchard Lake Rd., Farmington Hills  
248-345-3557  
ConstellationHealingArts.com



We create intimate, safe and sacred spaces for people to learn, grow and heal by supporting them in learning to create the same for themselves and others. *See ad page 15.*

### CRYSTERRA WELLNESS

3173 Baker Rd, Dexter  
734-649-1849  
CrysterraWellness.com



Ancient inspirations for modern wellbeing. Supporting you and your wellness journey every step of the way with

reflexology, reiki, lithography and yoga.

## HEALTH FOOD STORES

### THE BETTER HEALTH STORES

Locations: Dearborn • Plymouth • Novi • Livonia • Ann Arbor • Sterling Heights • Belleville • Southgate • Shelby Charter Twp • Lansing • Grosse Pointe Woods • Beverly Hills • Bloomfield Twp • Windsor, ON, Canada  
TheBetterHealthStore.com



Vitamins, supplements, organic and natural foods. For more information: *See ad page 4.*

## HEART ATTACK, STROKE AND DEMENTIA PREVENTION

### LESLIE I. BAUTISTA, RDH, BALE/DONEEN PRECEPTOR

Dexter Dental Studio  
7300 Dexter - Ann Arbor Rd, Ste 300, Dexter  
734-426-8360  
Leslie@DexterDentalStudio.com  
DexterDentalStudio.com



Here, at Dexter Dental Studio, we have a program to help individuals, "age backwards!" Oral -Arterial Fit-

ness (OAF) is based on the Bale/Doneen Method of heart attack, stroke, diabetes, and dementia prevention. Learn how to improve and protect your health with: carotid artery scanning, genetic testing, unique bloodwork, oral disease detection, food therapy, supportive supplementation and behavior strategies. Targeted and functional health outside your physician's office! *See ad page 16.*

## HOLISTIC DOCTOR

### DR. MALCOLM SICKELS, M.D.

210 Little Lake Dr, Ste 10, Ann Arbor  
734-332-9936  
DrSickels.com



Malcolm Sickels earned his M.D. from the University of Michigan, where he taught fellow medical stu-

dents about different approaches to health. Board certified in Family Medicine and Holistic Medicine, he is in solo practice on the west side of Ann Arbor. Learn more at Dr. Sickels.com. *See ads, pages 8 and 12.*

## HOLISTIC MENTAL WELLNESS

### HARMONY COUNSELING CENTER, PLLC

Christina Herbin, MA, LPC, NCC  
Owner/Mental Health Therapist  
321 S. Main Street, Ste. 215, Ann Arbor  
CHerbin@Harmony2c.com  
734-644-6943  
Harmony2c.com



Living in peace with our mind, body and spirit is a transformative journey requiring our intentional efforts to maintain this essence. Providing counseling services, workshops and wellness resources to support emotional health and well-being. Connecting with your inner self and nature will support your journey in living a happy, healthy and harmonious life.

## HOMEOPATHIC PHARMACY

### CASTLE REMEDIES

2345 S. Huron Pkwy, Ann Arbor  
In the Parkway Center  
734-973-8990  
CastleRemedies.com



Serving Michigan for nearly 40 years. Castle Remedies offers over 1,000 homeopathic remedies as well as herbs, essential oils, flower essences, books, unique gifts and jewelry. We carry top-tier

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Michael T. Burcon, B.Ph., D.C.

## community resource guide

nutritional supplement brands such as Metagenics, Ortho Molecular, Xymogen, Integrative Therapeutics, Karuna, NOW, and more. Classes available online. See ad page 18.

### LIFE COACHING

#### LEAN INTO YOUR LIFE

LeanFowardLife@gmail.com  
734-249-9948  
LeanIntoYourLife.net



Gary Merel offers the tools needed to create the life you envision. He is an effective catalyst that will help you unravel your life's dilemmas. Gary will help you to ignite your innate wisdom enabling you to see a clear path for your life.

### MOLD TESTING & REMEDIATION

#### MOLDPRO

John Du Bois, CMI, CMR  
247 W. Main Street, Milan  
734-439-8800 • MoldProllc.com



MoldPro offers chemical-free mold remediation, independent certified mold testing, inspection and consultation services all over SE Michigan specializing in mold biotoxin illness clients.

### MYOFUNCTIONAL THERAPY

#### MADISON L. SCOTT, RDH, BSDH MYOFUNCTIONAL THERAPIST

Dexter Dental Studio  
7300 Dexter - Ann Arbor Rd, Ste 300, Dexter  
734-426-8360  
Madison@DexterDentalStudio.com  
DexterDentalStudio.com



Together. Disharmony of those muscles can negatively impact breastfeeding, oral hygiene, facial growth and shape, stability of orthodontic treatment, TMJ movement, posture, digestion, sleep, and more. Madison's therapeutic approach promotes proper tongue placement, breathing, speaking, chewing, and swallowing, which can have a huge impact on overall health and wellbeing. Learn more at [dexterdentalstudio.com/myofunctional-therapy](http://dexterdentalstudio.com/myofunctional-therapy). See ad page 16.

To properly speak, breathe, and swallow, the muscles in our face, mouth, and throat need to be able to function

### NATURE-ORIENTED MEETING SPACE

#### MICHIGAN FRIENDS CENTER AT FRIENDS LAKE COMMUNITY

7748 Clark Lake Road, Chelsea  
734-475-1892  
MFCenter.org/rent



We offer the holistic community a nature-oriented meeting space for workshops, meetings, counseling, yoga, youth groups and family gatherings. Main room accommodates 100 pre-COVID-19, with two smaller classrooms and kitchen facilities. Hiking trails. Weekend rates range from \$200-\$400, additional for extensive grounds use, camping.

### PEDIATRIC DENTISTRY

#### ANN ARBOR SMILES DENTAL GROUP

Dr. Heather Hoffman  
2900 Golfside Rd Suite 5, Ann Arbor &  
1795 W Stadium, Ann Arbor  
734-887-9667  
AnnArborSmiles.com



Ann Arbor Smiles is a state-of-the-art general and cosmetic dental office dedicated to treating the whole person in a caring and compassionate manner. Most insurances accepted and financing is available. See ads, pages 3 and 26.

### RELIEF FROM TRAUMA, ANXIETY & DEPRESSION

#### ACT ABSOLUTE CHOICES TODAY COUNSELING NANCY WARNARS, LPC

OperationAbleNancyW@gmail.com  
248-845-0513  
AbsoluteChoicesTherapy.com



Virtual Teletherapy for all ages. Immediate appointments available. Accepting most insurance. Office in East Lansing. Change happens when you take responsibility to create thinking that supports ways to feel better. Family of origin, groups and media can have a profound effect on your inner being. Letting go of the negativity is critical to co-create new pathways toward hope, peace and love for the life you have a choice to envision.

### MOTHER BEAR SANCTUARY

BARBRA WHITE M.A., DI, HOM  
734-796-6690  
MotherBearSanctuary.com



Mother Bear Sanctuary's mission is to remind people of their innate connections to their bodies, the Earth, all animals, and each other. Barbra specializes in transpersonal therapy, horse retreats, trauma-informed nature therapy, healer training and leadership programs. See ad page 31.

### SCHOOL / EDUCATION

#### NATUROPATHIC INSTITUTE OF THERAPIES & EDUCATION

503 East Broadway St, Mt. Pleasant  
989-773-1714  
Contact@NaturopathicInstitute.info  
NaturopathicInstitute.info



Educational programs offered: Natural Health Program: four years (one week-end a month); Massage Therapy Program: one year (two weekends a month); Holistic Doula Practitioner Program: six months (one weekend a month). Individual classes available. See ad page 4.

### SMOKING CESSATION

#### FREE AT LAST! HYPNOSIS

Center - A Joyful Journey  
734-883-8775



Stop smoking in one visit. Afraid it's going to be too painful or too difficult? Our unique specialized and proven system makes it easy. Become a happy and permanent non-smoker today. See ad page 21.

### TAI CHI AND QIGONG

#### PEACEFUL DRAGON SCHOOL

1945 Pauline Blvd, Ste B, Ann Arbor  
734-741-0695  
PeacefulDragonSchool.com



Tai chi promotes relaxation, is a meditation in motion and is known for increasing balance. Qigong means energy work. This class includes stretching, meditation and self-acupressure.



## WEIGHT LOSS

### FREE AT LAST! HYPNOSIS CENTER - A JOYFUL JOURNEY 734-883-8775



Lose weight now with hypnosis. Achieve permanent positive life and habit changes through our safe, rapid and effective system. Tap the potential of your mind to create the health and vitality you've always wanted. *See ad page 21.*

## WELLNESS / HYPERBARICS

### NATURAL BALANCE HYPERBARICS CENTER

1601 Briarwood Cir #475, Ann Arbor  
855-942-7246  
NBHyperbarics.com



**Natural Balance**  
HYPERBARICS CENTER

Natural Balance Hyperbarics, affiliated with Natural Balance Wellness Medical Center of Ann Arbor, provides convenient, safe and cost-effective in-home hyperbaric oxygen therapy (HBOT) options for our clients and patients. We rent and sell the highest quality soft- and hard-sided hyperbaric chambers specifically designed for use in private homes or clinics. Because we are affiliated with a medical center, we also provide medical oversight and specific medical protocols that facilitate physical healing and alleviate pain and other symptoms associated with a wide range of medical conditions. *See ad inside front cover.*

## WELLNESS CENTERS

### THRIVE! WELLNESS CENTER

6901 State Rd, Ste D, Saline  
734-470-6766  
Thrive-Wellness-Center.com



Shannon Roznay, DC, specializes in Nutrition Response Testing and Activator Chiropractic. Thrive! also carries natural foods,

skin and home products. *See ad page 20.*

## WOMEN-ONLY MASSAGE

### SHER

734-239-3344  
SherrelWells@icloud.com  
Sher.amtamembers.com



My goal is to always give the best massage you've ever had. I have been a medical massage therapist since 1987. I will get the pain out. Muscular, sciatica, back pain, etc. \$75/30-min medical massage and \$100/hr relaxation massage with hot towels.



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734-757-7929



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Awaken Deep Womb Wisdom

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May 5-7. Anchoring in an unwavering knowing of Love as you. For womyn only, channeling great grandmother, sacred sexuality, womb power, wood chi cong, horse leadership. \$515 pre-session, retreat, food, and integration call included! 734-796-6690. BarbraWhite.com

Private Couples Healing, and Individual Trauma Healing Retreats  
with WhiteCrow (Barbra) and Dave Tuscany available!  
734-796-6690 • MotherBearSanctuary.com



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awakenings

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